Fatigue is a very common side effect of cancer treatment that can disrupt your ability to do everyday things. Here’s what you can do to help deal with fatigue.

**TRY THIS**

**Ask for help.** Reach out to friends and family to help you with chores and errands.

**Set priorities.** Identify the most important tasks each day, and then focus your energy on those tasks.

**Keep a schedule.** Wake up, go to bed, and rest at the same times each day.

**Be active.** Get an energy boost with exercise, even if it’s only for a few minutes.

**CHECK THIS OUT**

Visit the Springboard page on Fatigue. [https://survivorship.cancer.gov/springboard/symptoms/fatigue](https://survivorship.cancer.gov/springboard/symptoms/fatigue)

Listen to this audio recording for ways to deal with fatigue caused by cancer treatment. [http://go.usa.gov/xxAeQ](http://go.usa.gov/xxAeQ)

Find out what caregivers can do to help you. [http://goo.gl/27UKHH](http://goo.gl/27UKHH)

Infections begin when germs enter the body and cause harm. Cancer and certain treatments can increase your risk of getting an infection, but you can protect yourself.

**TRY THIS**

**Wash your hands.** Keep your hands clean, especially before eating.

**Take care of cuts, scrapes, and surgery wounds.** Clean broken skin and protect it with a bandage.

**Avoid germs.** Stay away from people who are sick or have a cold. Avoid crowds. Make sure your food is clean and thoroughly cooked.

**CHECK THIS OUT**


Learn the signs of infection ([http://goo.gl/bw6E7q](http://goo.gl/bw6E7q)) and how to prevent infections in people with cancer ([http://goo.gl/EUOoEX](http://goo.gl/EUOoEX)).

Learn three simple steps to help avoid infection. [http://goo.gl/x0vdHZ](http://goo.gl/x0vdHZ)

Cancer treatments may cause a range of skin and nail changes, including color changes, redness, itching, dryness, and rashes. You can take care of most of these yourself.

**TRY THIS**

**Try gentle products.** Use mild soaps, lotions, and creams.

**Protect your skin from the sun.** Wear loose-fitting clothing and a hat when outdoors. Check with your health care team if it’s okay to use sunscreen.

**Avoid hot water.** Shower in lukewarm water and avoid baths.

**Wear gloves.** Cover your hands when you wash the dishes, clean the house, or work in the garden.

**CHECK THIS OUT**


Listen to what you can do about mild skin changes during radiation therapy. [http://go.usa.gov/xxJH](http://go.usa.gov/xxJH)

Learn what you can do to manage this and other side effects of cancer treatment. [http://goo.gl/v5jRG6](http://goo.gl/v5jRG6)

Exercise is not only safe and possible during cancer treatment, but it can improve how well you function physically and your quality of life.

**TRY THIS**

**Do physical activity.** Being physically active for even just a few minutes a day is helpful.

**Begin with warm-up exercises.** Start slowly and warm up for at least 2 to 3 minutes.

**CHECK THIS OUT**

Visit the Springboard page Be Active. [https://survivorship.cancer.gov/springboard/wellness/be-active](https://survivorship.cancer.gov/springboard/wellness/be-active)

Watch this video on finding time for exercise when you’re busy. [https://goo.gl/NZynYN](https://goo.gl/NZynYN)

Use the SuperTracker to track your food and physical activity. [http://go.usa.gov/xaKpi](http://go.usa.gov/xaKpi)
**Healthy Eating**

Eating well can help you feel and live better during and after treatment. Here are some tips to help you.

**TRY THIS**

- **Work with a specialist.** Ask a dietitian to help you create a nutritious, balanced eating plan.
- **Shop smart.** Stock your kitchen with healthy foods.
- **Practice mindful eating.** Don’t get too hungry before you eat. Stop eating when you’re full.

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**CHECK THIS OUT**

- Sign up for HealthyYouTXT. [http://go.usa.gov/xaKpV](http://go.usa.gov/xaKpV)
- Watch these videos on healthy eating, acting, and living. [https://goo.gl/0lmSHq](https://goo.gl/0lmSHq)
- Learn more about nutrition after treatment ends. [http://goo.gl/LBjsmv](http://goo.gl/LBjsmv)

**Health Care Team**

Cancer treatment typically requires a team of health care professionals, including doctors, nurses, and other staff who help take care of you before, during, and after treatment.

**TRY THIS**

- **Establish good communication.** Take notes and bring someone with you to appointments.
- **Build a relationship.** Let your health care team know what you expect from them.
- **Be prepared.** Write down questions ahead of appointments.
- **Consider a second opinion.** Ask your doctor for a referral and to share your medical records.

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**CHECK THIS OUT**

- Get additional resources to help you. [http://goo.gl/gkj0K3](http://goo.gl/gkj0K3)
- Read this fact sheet on communication in cancer care. [http://go.usa.gov/xaKvd](http://go.usa.gov/xaKvd)